

Mat-Su Monitor

FEBRUARY 2024

FREE

VOLUME 47 NUMBER 3

REGISTER NOW To WIN!

HOPE WALKS HERE #STOPSUICIDE

SATURDAY MAY 4

afsp.org/matsu

REGISTER TO BE ENTERED TO WIN A STARBUCKS GIFT CARD WEEKLY WINNERS WILL BE ANNOUNCED DURING THE MONTH OF MARCH.

Mat-Su College UNIVERSITY of ALASKA ANCHORAGE

American Foundation Suicide Prevention

OUT OF THE DARKNESS

Mat-Su Borough Animal Shelter Donations

MSC ADVET Club is looking for help collecting pet food donations and other treats. The food needs to be unopened, unexpired and in its original packaging.

You can leave your donation in any of the colorful drop-off boxes around campus.



Watercolor by Addison Stepchinski

You earned an A!

2024 STUDENT SHOWCASE

Enter your work in the 2024 Student Showcase.

The 2024 Student Showcase will be held on **Saturday, April 6th, 10:00 am in FSM 206**

*Includes work submitted from spring 2023 through spring 2024

Application Deadline: March 8th

Scan the QR code to learn more

Mat-Su College UNIVERSITY of ALASKA ANCHORAGE

UA is an affirmative action/equal opportunity employer, educational institution and provider and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination

Rocket Science in Layman's Terms: Prandtl-Meyer Fans

By Justice Darby

Amongst many of the topics in compressible flow, one that happens to define the general shape of rocket engine bells are Prandtl-Meyer fans. These fans arise primarily when a compressible flow, in this case a gas flow, either encounters a boundary that physically compresses or expands a flow. What results from Prandtl-Meyer fans as they either expand or compress a flow is it generates an infinite series of Mach waves over a set Mach number range in a

discrete range of direction changes in terms of the angle change. The Mach waves then emanate out from the pivot of the turn angle as the flow continues to turn. With the Prandtl-Meyer fans, the Mach number of the flow in the fan actually increases as a result of the compression or expansion caused from turning the flow.

Another way that can help us to better understand what Prandtl-Meyer fans are can be visually ex-

plained by using a deck of cards. Imagine a deck of cards laying in front of you with the longest of its sides facing you. The direction to the right on the axis of the longest length will simulate the direction of the flow while the shortest length on the left will represent the boundary of a Mach wave. Next, take the deck of cards, hold it down on the bottom left corner, and fan them toward you from the top right of the deck of cards

See ROCKETS page 9

Upcoming events:

March 4-7: Relax with therapy dogs in FSM lobby, 10AM to 2 PM.

March 11-15: Spring break. Campus closed Friday, March 15.

March 25: Fall 2024 schedule viewable in UAOnline.

March 29: Withdrawal deadline.

April 1: Navigating Ethical Dilemmas in Practice: Veterinary Medicine and Moral Distress. 11:00 AM to 1:30 PM in FSM 202.

April 1-4: Fall 2024 registration opens depending on number of credits students have completed.

April 6: Student Showcase. Begins 9 AM in FSM 206. See <https://matsu.alaska.edu/academics/student-showcase.cshtml> for details on entering your work.

April 8: Open registration for Fall 2024.

April 20: Mat-Su College Sumo Robotics Competition. See details at <https://msmcs-robotics.github.io/>

April 26: Last deadline to apply for spring graduation.

May 4: Hope Walks Here charity walk. See details at <https://afsp.org/matsu>

Club meeting times:

Gay Straight Alliance LG-BTQIA+ club: Wednesdays 1:15 till whenever FSM 204

Mat-Su Monitor: Wednesdays, 12:15 - 1:15, FSM 106.

Math Club: Mondays, 3:30 - 5:00, SNOD 103.

Student Government: Mondays, 2:30-3:30 PM, FSM 106.

Robotics Club: Tues. & Thurs., 11-3:00, JKB 120.

Tabletop Gaming Club: Thursdays, 12:30 PM in SNOD 103.

INDEX

Student Government ..	3
Summer Schedule	4
Student Art.....	5
Journey	6
Chancellor's List	7
Club Corner	8
From the students	9
Puzzles	10

HEALTHCARE WORKERS ARE IN DEMAND!

Many jobs require training but not a degree.
Mat-Su Health Foundation vocational scholarships can help!



Apply today at healthymatsu.org



YOU ALWAYS HAVE A CHOICE.

FREE RESOURCES:
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HEARTREACH CENTER
865 SOUTH SEWARD- MERIDIAN PKWY
WASILLA AK 99654

make an appointment today!



Nature Walk

By Zeb Snail

For the second time this school year, the Journey student well-ness initiative put together a lunch hour hike in the vast woods behind campus.

This time four stalwart students and employees hiked for an hour in -10 degrees weather. But it was agreed by all that the effort (and potential risk) was worth it.

All lost their fear of the cold once it became clear that vigorously walking through the snow is enough to keep a person warm --



at least for a while.

And the snowy woods in winter are a special place, worth some exertion and danger.

Stay tuned to bulletin boards, screens, and emails for details of the next nature walk!



MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Join a Mat-Su College Student Government Council Committee!

Or join one of the student clubs.

Clubs are a great place to meet like minded people, have fun, learn new things and relax.

Gay Straight Alliance Club

ADVET Club

Robotics Club

Table Top Gaming Club

Math Club

Mat-Su Monitor

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, you can start one of your own. Student Government will fund you up to \$300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

Submissions policy

Students are invited to submit articles and letters to the editor to matsu.monitor@alaska.edu or at <https://matsu.alaska.edu/monitor>. The Mat-Su Monitor will not accept anonymous submissions, though with prior arrangement articles of a sensitive nature can appear anonymously. All submissions are subject to editing and will only appear with the approval of the editor.

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Disclaimer

The Mat-Su Monitor is the student newspaper of Mat-Su College. The Monitor aims to report college news and serve as a forum for student writing. The Monitor seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the Monitor's weekly meetings. Details on participating in or submitting content to the Monitor can be found at <https://matsu.alaska.edu/monitor>

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the Monitor contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed in a Monitor article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed throughout the Valley. We also have low rates:

Ad Size	Cost
3" by 3"	\$75
5" by 5"	\$125
7" by 7"	\$175
Full page	\$300
Full page, back	\$375

Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students. For more on advertising, call 745-9758.

Meet Senator Justice Darby



Degree: Bachelors of Science in Mechanical Engineering

Hello, I am Justice Darby. At Mat-Su College, I am involved in the Robotics Club, Math Club, Mat-Su Student Government Council, and Mat-Su Monitor as a few of you may have recently seen and I am a part of the UAA Rocketry Club as well. In my spare time, I love to look into a variety of topics relating to STEM,

but I primarily focus on aerospace, rocketry, physics, chemistry, mathematics, and astronomy. I joined the Mat-Su Student Government Council as I wanted to get more involved with the college here, and help out with planned events to make the place more fitting and welcoming.



Sweetheart's Soiree a Success

By Chester Mendez

On Valentine's Day, the Mat-Su College Student Government hosted a "Sweetheart's Soiree" dance in the Glenn Massay Theater lobby. As many as 50 students and their guests attended from 3 PM to 7 PM. They danced, dined, competed for door prizes, and generally had a good time.

Had readers attended the dance, they would have noticed how much effort had gone into decorations. Upon entry, one walked under an archway of (fake) flowers. Ahead of them, along the windows across from the box office, were tables of the most varied foods, from catered fettuccine to vegetables. A dance floor occupied the north end of the lobby. Elegantly arranged tables stood midway between the dance floor and food.

Placed next to the dance floor were speakers and a station where students could request their favorite songs. Students seemed pleased with the musical selections -- requests included. Enough students constantly danced that nobody had to make an effort to draw in more dancers. At the same time, dancing was no requirement. Some students simply watched, ate dinner, or milled about.

Despite its billing as a "Sweetheart's Soiree," it was nearly impossible to tell who (if anyone)

came with a date. Some students came alone, others with guests of unknown significance, but generally everyone mingled and talked. Even some of those who seemingly came alone found somebody to dance with.

Student Government is to be commended for the weeks of effort they put into organizing the event. Coming up with a name and printing flyers was only the first day's work. After that, there was paperwork for purchasing food and door prizes. There was wrangling students to help and employees to chaperon. There was hurried preparation of the theater the night before and the day of. And finally, there was a good deal of cleanup! Thank you, Student Government and volunteers!



MAT-SU MIDDLE COLLEGE NOW ACCEPTING APPLICATIONS

GRADUATE HIGH SCHOOL WITH UP TO 60 CREDITS!

Priority application period: January 4TH - March 5TH

Family Information Night Webinar posted at <https://www.matsuk12.us/domain/6968>

Go to matsuk12.us/msm for more information!



2024 SUMMER CLASSES				Mat-Su Monitor February 2024
ANTHROPOLOGY *Alaska Native Cultures	GEOGRAPHY *Intro to Global Geography	MEDICAL ASSISTING Medical Terminology Your Health & Social Services Career	PSYCHOLOGY *Introduction to Psychology *Lifespan Development	
ART Two-Dimensional Design *History of Western Art I	GEOLOGY *Planet Earth	MUSIC *Music Appreciation	QUANTITATIVE SKILLS *College Algebra for Calculus *Trigonometry	
BUSINESS ADMINISTRATION *Business Foundations	HISTORY *History of Alaska *History of United States *Western Civilization I *Western Civilization II	PARAMEDICAL TECHNOLOGY *Paramedicine III Lab	WRITING *Writing & the Professions *Writing Across Contexts Intro to College Writing	<i>This list is subject to change. Visit matsu.alaska.edu and click “Course schedules” for the most current list of scheduled classes.</i> <i>*Indicates class meets General Education requirements (GERs)</i> <i>Semester runs May 20 - August 3</i>
CHEMISTRY *General Chemistry I & Lab *General Chemistry II & Lab *Intro to General Chemistry *Intro to Organic/Biochemistry Chemistry Skills & Problem Solving	MATHEMATICS & STATISTICS *Calculus I *Calculus II *Elementary Statistics Intermediate Algebra Prealgebra	PHYSICS *College Physics I		
ECONOMICS *Principles of Macroeconomics		POLITICAL SCIENCE *Intro to Political Science		

CALL TODAY!

MEET WITH AN **ACADEMIC ADVISOR**

907-745-9762

SummerSemester Starts May 20th





Live Homework Help writing tutoring service

Live Homework Help is a free tutoring service available to all Alaska residents. It is primarily aimed at students taking courses at any level, from kindergarten to college. Its tutors can provide help in areas such as math, science, writing, and English. It also has tutoring services for adults who have finished schooling but who may need help with topics such as citizenship exams or job searches. Live Homework Help’s very capable tutors are available from 8 AM to 2

AM (so your average college student may have to get up a bit early to make use of the service).

Until recently, getting the help of a tutor meant chatting by text (or, optionally, voice) in real time. That is still the default way of getting help. But now Live Homework Help has a feature they call “Drop-Off,” which lets you upload a paper or a math problem. Once uploaded, you can get on to other homework (or Netflix). Sometime later, you can log back

in and look over the tutor’s detailed feedback. This is an easy, stress-free way to add some polish to any assignment.

To make use of Live Homework Help, go to <http://lam.alaska.gov/sled/homework> and click “click to access Live Homework Help.” Please note that the drop-off feature does require that you create a free account so that you can log in later to see the tutor’s suggestions. The real-time tutoring does not require any account.

Printed Summer 2017 Mat-Su Monitor

Heather’s Top 8 Ways to Fail a Class

By Heather Deadmond

#8. Procrastinate on everything.
Due tomorrow? Do tomorrow.

#7. Don’t bother talking to your classmates or professor.
Many people have said that your classmates and professors are there to help you when you need it. They are handy for such things as reminding you of due dates, sparking ideas, and engaging in healthy debate and discussion. But what do they know?
Trying to do everything yourself is a sure-fire way of reaching your goal.

#6. Leave as early as possible.
There are so many better things you could be doing with your time other than studying for a successful future, right?
That lunch date is so much more important than the upcoming exam review day!
You gotta do what you gotta do.

#5. Homework? That exists?
I’ve heard of this thing they call “homework”. Apparently it’s not fun, and definitely useful for passing a class. Best to avoid it all together. Put those due dates from your mind and keep watching Netflix. Especially when Stranger Things season 2 comes out this Halloween, everyone’s grades are going to plummet anyway. (I know mine will!)

#4. Sleep in!
Your brain needs sleep, much more than it needs knowledge. Good for you for taking care of what’s really important!

#3. Don’t read anything that you’re assigned.
You may have heard from some people that reading assignments are super easy to “fudge” by reading the last chapter on the assignment and calling it good. Those people are absolutely correct. Psh, reading. What a useless way to pass the time.

#2. Take an extra-long break.
Spring Break may be “officially” over, but it’s never too late to go on another one! Take a week off for no reason and make sure no one knows. That is a great plan. It’s still spring, after all.

#1. Don’t go to class.
The number one, tried and true way to achieve your goal of failing a class is to just don’t go! No one is going to notice your absence, and I’m sure the professor will be able to keep up with who is in their class and who isn’t in the midst of their busy work days.
In fact, they probably will drop you from the class, but you have to pay for it anyway. When you find yourself short a few hundred dollars by the time June rolls around, don’t worry about it. I’m sure you didn’t need that money or anything. Your GPA will thank you for it, and you may be able to graduate college by some miracle...Eventually.

*Disclaimer: The views and opinions presented in this piece are purely satirical and the advice therein should not be heeded. These “tips” may not represent the views or opinions of the staff of the Mat-Su Monitor or of Mat-Su College.
(Seriously, students, please don’t do any of these things if you want to have a successful college career.)*

NEED MONEY FOR COLLEGE?

Mat-Su College Financial aid is here to help!!

FINANCIAL AID ADVISORS CAN HELP WITH MANY TOPICS, INCLUDING BUT NOT LIMITED TO:

- THE FAFSA APPLICATION
- SCHOLARSHIP INFORMATION
- STUDENT LOANS
- TROUBLESHOOTING FINANCIAL AID PROBLEMS
- SCHOLARSHIP ESSAY ADVICE
- VETERANS SERVICES



If you have any questions, please scan the above QR code or visit tinyurl.com/3fsv5w58 to find email information or to make an appointment with a Mat-Su College financial aid advisor.

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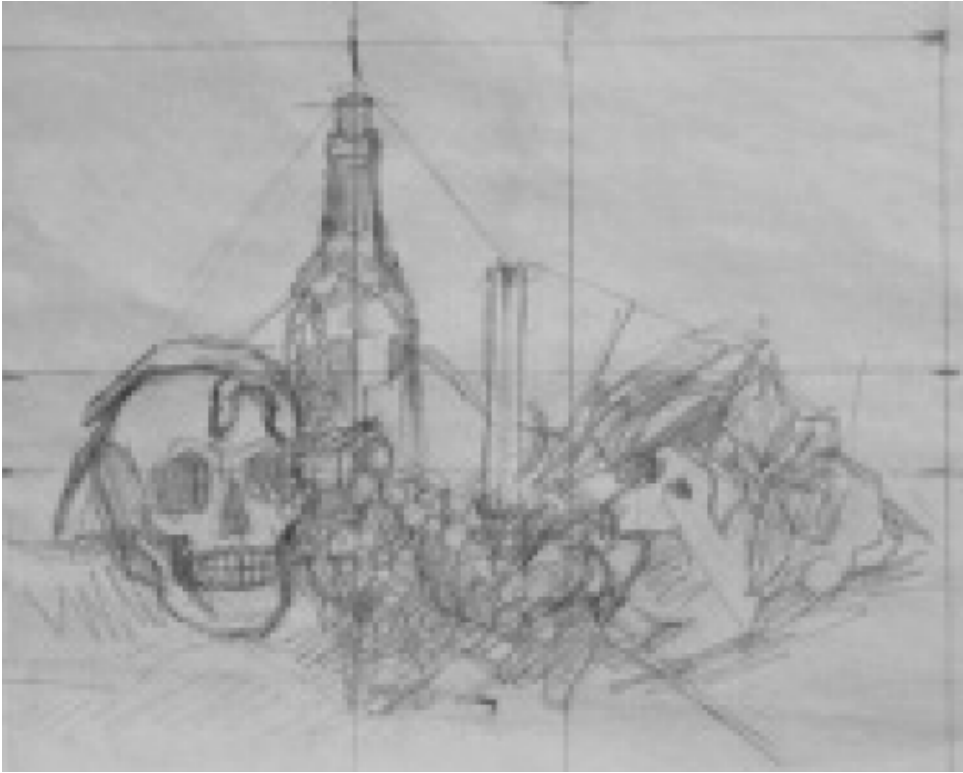
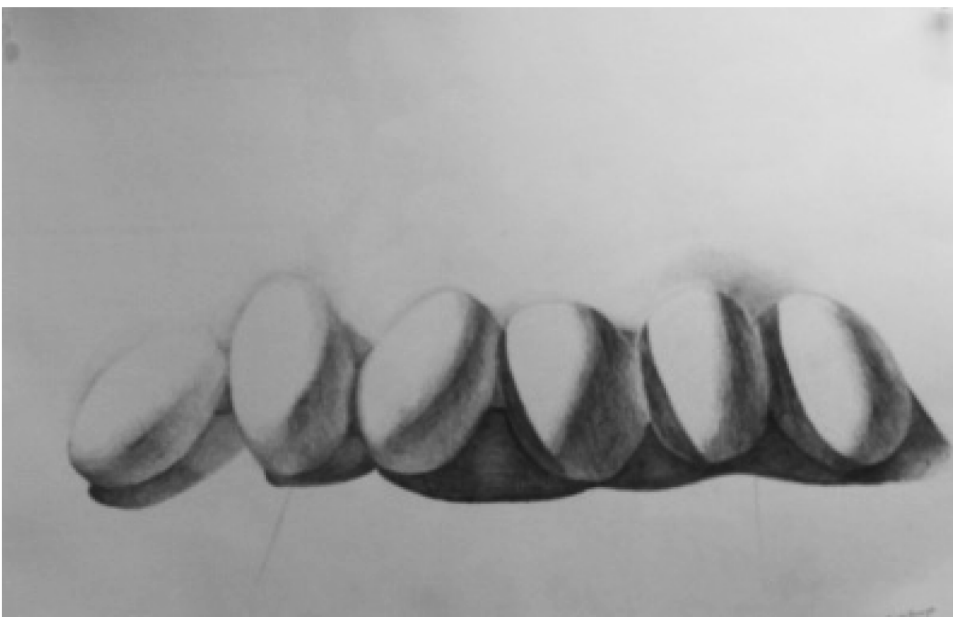
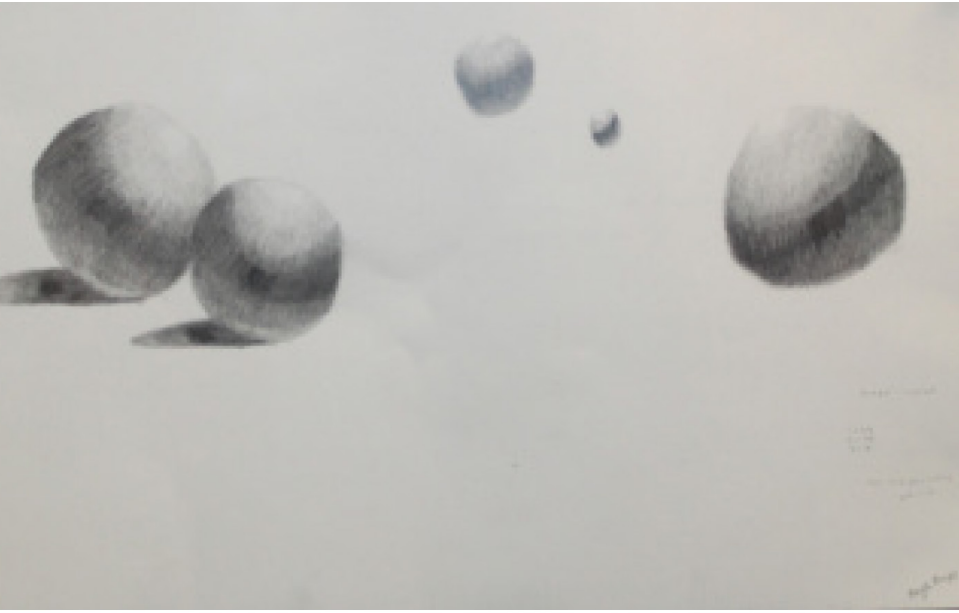
Elizabeth J Fallon Learning Center

OLB 121 — 745-9772
<https://matsu.alaska.edu/offices/learning-resource-center/>

WRITING TUTORS	MATH TUTORS
Boyde Allen & Dr. Vivian Wagner	Sky Harding
Monday 10:00 - 3:00	Mon. & Wed. 10:00 - 4:00
Tues. & Thurs. 4:30 - 7:00	Tues. & Thurs. 1:30 - 7:30
Wed. & Fri. 10:00- 3:00	Fridays 10:00 - 3:00

Tutoring in JKB 107 is reserved for students enrolled in Mat-Su College courses.

- Online tutoring options**
 - tutor.com/Live Home Work Help: the Alaska State Library provides the Live Homework Help service to all Alaska residents. Free, online tutors are available from 12 PM to 2 AM to help with many subjects. Visit <http://lam.alaska.gov/sled/homework>
 - Khan Academy: Khan Academy has free explanatory videos on math, science, economics, history, and more. <https://www.khanacademy.org/>
 - Purdue OWL: Purdue’s Online Writing lab has sample papers and guides to APA and MLA styles. <https://owl.purdue.edu/owl/>



Students made their own oil paint for this project.



Beginning Painting
with Michelle Mishaan



If you or someone you know is homeless or at risk of being homeless, we can help!

We serve clients age 14-25 from 8am to 5:30pm Monday-Friday and 10am to 3:30pm Saturday. We provide all of the following services:

- Food
- Clothing
- Hot Showers
- Laundry
- Stable Housing
- Treatment Referrals
- Education Fulfillment
- Job Training
- Opioid Overdose Kits

Call Us:

Main Office: (907)373-4357

24 Hour Outreach: (907)354-4357

Visit Us:

300 N. Willow St.
Wasilla, AK



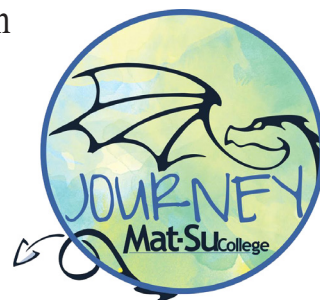
MY House

You are always welcome here!



The Journey Program

A focus on health and wellness activities to help you rise to challenges, cope with stress, and stay healthy as you make your way through this exciting time in your life.



Watch our website and postings for future events.

FEBRUARY

Prepare Before You're There

Date: February 28th

Time: 10:30 am - 1 pm

Location: OLB Atrium and JKB 108

Description: Mat-Su Public Health will be available to provide information on sexual health and answer your questions. Check-in with us to learn more about what we can do for you at the Mat-Su Public Health Center, how to stay healthy, and local resources. Don't roll the dice, prepare before you're there!

Restorative Yoga

Date: February 29th

Time: 10 - 11 am

Location: Glenn Massay Theater Lobby

Description: Calling all Yogis or those wanting to learn! Join us in the Glenn Massay Theater, for a beginning level class. This free wellness class will be led by Sophia Logan, an instructor from Midnight Sun Yoga. Mats will be provided. This event is sponsored by Journey program.

MARCH

Relax with Therapy Dogs

Date: March 4 - 7th

Time: 10 am - 2 pm

Location: FSM Lobby

Description: Join us in the FSM Lobby with the therapy dogs to help minimize the stress and anxiety from your midterm exams.

Counseling Services

Mat-Su College students may receive up to 3 free counseling appointments with a licensed behavioral health clinician. To make an appointment, call Mat-Su Health Services at 907-376-2411 and identify yourself as a Mat-Su College student. You may meet with the clinician on campus or at Mat-Su Health Services.

Out of the Darkness Campus Walk May 4, 2024

Be the Change! Join the campus community in spotlighting suicide awareness with the Mat-Su College **Out of the Darkness Campus Walk**.

MSC is teaming up with the American Foundation for Suicide Prevention (AFSP) to host the awareness walk on our campus.

According to AFSP, students are a force for change. Be a part of this walk and join thousands of students across the country to raise money

for the American Foundation for Suicide Prevention.

Together we can bring mental health conditions like depression and anxiety out of the darkness and put a stop to this loss of life.

Participation in this walk is open to the wider Mat-Su Valley community and is not limited to those with a direct connection to the campus.

So, spread the word to everyone you know!

Sign up to join the walk online by visiting <https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=9763> and choose **Mat-Su College Campus Walk**.

If you or someone you know is suffering, or at risk of harming themselves, visit www.988lifeline.org or the American Foundation for Suicide Prevention online.

Death of the Rainbow

By Lou O'Hare

Folks, this is Lou O'Hare hitting a little close to home. In this article, we'll be going over a topic very near and dear to my heart—suicide prevention. It's a heavy topic, so I warn my readers to brace themselves. The information here is deeply sad but very important.

So first, we should learn a little about the topic broadly, and then

we'll narrow down. What demographics are the most vulnerable to suicide? And what is the scale? According to the CDC, "Youth and young adults ages 10–24 years account for 15% of all suicides.... However, suicide is the second leading cause of death for this age group.... Additionally, suicide rates for this age group increased 52.2% between 2000-2021." This tells us

that while currently the lion's share of suicide rate is amongst older demographics, rates amongst young people have been on a dramatic rise in recent years. This gets compounded when any marginalized status is looked at. For example, native people. "Youth and young adults most impacted include non-

See RAINBOW page 11

My Mental Health: Do I need Help?

FIRST, DETERMINE HOW MUCH YOUR SYMPTOMS INTERFERE WITH YOUR DAILY LIFE:

Do I have MILD symptoms that have lasted 2 weeks or more?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

Do I have SEVERE symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

If so, here are some self-care activities that may help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating Healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptom(s) do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

SEEKING PROFESSIONAL HELP:

- Psychotherapy (talk-therapy)—virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies
- For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in a crisis, call or text the National Suicide and Crisis Lifeline at 988. Conversations are free and confidential.

Congratulations, Deans and Chancellor's List Students!

Students who appear on the Dean's List have had a semester in which they had a GPA over 3.5. Students on the Chancellor's List have had a semester with a 4.0 GPA.

Amber Alayna Alyssa Alexander
Stephanie Marie Babcock
Joshua D Beer
Leah R. Beer
Kaiya Bree Blessing
Katie Bossart
Alisha L. Burkham
Makailyn Cabales
Nicole Marie Catlett
Kaviraj Neil Chandler
Thea Lynn Chesley
Melanie Ann Clayton
Aeia Davis
Logan Royce Deal
Keevan G. Dinkel
Kelci Kae Lynn Don
Cheyenne Ashley Doto
Emily A Duenas
Caitlynn M. Duncombe
Meghan Quinn Duryea
Renato Espejo
Kassandra Amber Eyre
Ethan Christian Bell Foster
Leslyn S Giron
Aria Lee Green
Avari K Hays
Sarah Herrington
Haley Hershman
Jasmine M Hill
Michael Christopher Hill
Jeremy T. Horacek
Samantha A Hughes
Lili Jacso
Yong Jeong
Dennis Michael Keslar
Savannah Chloe Lambert
Skyler Brent Lark
Juliana Francine Larosa
Samantha Lepera
Kalia Neveah Lewis
Heidi Renee Linder
Brianne M Little
Angelina Mackenzie Lopez
Linda Casandra Marquez

Colby James McMichael
Amber Lynn Miller
Amya Rene Mundy
Giselle Bailey Neiser
Shannon Nelson
Megan J. Nichols
Sadie Rae Ortega
LaReina Jade Oskolkoff
Julia Palko
Andy Palomares
Trey James Peterson
Faith Sikholiwe Poglitsch
Nolan Scott Reid
Trista Faye Revilak
Madeline Joy Richardson
Trevor Lynn Rogers
Brayden Shaun Root
Cody Joseph Russell
Kierstyn Scarpella
Robert Y. Schoff
Brady G. Shults
Madrid Sienna Simental
Jason Andrew Skow
Eliza Marie Spangler
Kenneth Wayne Sparks
Aren Peter Springvloed
Mason Pallas Straughn
Ileana Ruth Tassie
Julinna Lin Timothy
Melissa M. Tran
Nena Elise Trout
Julian Francisco Tunley
Cade Scott Tuttle
Sarah E Uschmann
Chance Christian Van Zweeden
Jackson D Wall
Walter Trenton Weidman
Jenna Kay Whisenhunt
Juliana Lynn White
Anna Leigh Whitted
Cody Wilson
Jessie Rose Wilson
Kyle Jerome Wisnewski
Payton Lynn Wolfe
Lauryn Lillian Worley
Nkauyoua Yang
Jennifer L. Young
Savana Zoerb



MEETING TIMES

Wednesdays

12:15 - 1:15

FSM 106

Looking For

- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions:
Next deadline for entries:
March 8

TABLETOP GAMING CLUB

WHEN: Wednesdays

12:00 - 3:30

WHERE: JKB 128

GSA

Gay Straight Alliance

When: Wednesdays
1:15 - ?

Where: FSM 204

ADVET Club

The Arctic Dragon Veterinary Exploration Team is a club focused on exploring the many areas of the veterinary field, working to familiarize its members with what they could expect or what careers exist within. Not only is the club open to members of the Veterinary Assistant Certification program, but also to people outside of that program, whether it be other students or people in the community who are curious about the club's activities. We hold bi-weekly meetings with dates to be announced every month to shift around with the majority of schedules. We hope to see you at one of our meetings! If you have any questions, you can contact Dr. Montalbano at 907-745-9771 or email her at jemontalbano@alaska.edu.

Get involved with your



STUDENT
GOVERNMENT
Meetings every
Mondays
2:30 - 3:30
FSM 106

BIBLE CLUB

When: Wednesdays 8:30 - 10:00

Where: Rolled Gold Cafe

MATH CLUB

WHEN: MONDAYS 3:30- 5:00

WHERE: SNOD 103

Robotics Club

Tuesdays & Thursdays

10 AM to 3 PM JKB 120.



Gaming Club

When: Mondays
1:00- 3:00

Where: JKB 108

Mat-Su College / UAA Multicultural Student Services

JOIN THE JEDI ALLIANCE

The JEDI Alliance is a group of student leaders and advocates dedicated to advancing **Justice, Equity, Diversity, and Inclusion** at Mat-Su / UAA. Become an advocate!



Apply Now To Join

- Join a committee focused on awareness, outreach, and adventures!
- Advance belonging and inclusion at Mat-Su!
- Get involved and share your voice!
- Scholarships available!



Questions? Contact Dr. Jennifer Bernard at jdbarnard@alaska.edu

Father’s Garden Advice

By Penelope K. Wright

A boy bursts through the door and shouts, “Father!”

The Father, sitting in his chair, responds, “I’m here, Son.”

The boy says, “Father, I have a problem!”

“I have a problem too,” the father quips.

The boy looks confused, “Oh, what’s your problem, Dad?”

“My problem is that your mother is resting, and you’re shouting.” The old man looks over the edge of his book.

“Oh, sorry!” The boy whispers

The man closes his book and smiles, “What troubles you, boy?”

The kid sits down and says, “Dad, how do I get girls to like me?”

“Have you tried being likable?” Father says with a playful smirk.

“Dad!” The boy says incredulously as both men laugh.

After a moment, the father rubs his chin thoughtfully. “Have you thought about wheth-

er you like boys as well?”

The boy ponders this a moment before shaking his head, “I hadn’t really thought about it but I think I just like girls.”

Father nods before speaking, “My father once gave me a great piece of advice. He said, ‘Don’t go chasing butterflies, for they will fly away. Instead, build a beautiful garden so that you might attract butterflies. For even if no butterflies come, you will still have a beautiful garden.’ Wise words. It’s how I met your mother.”

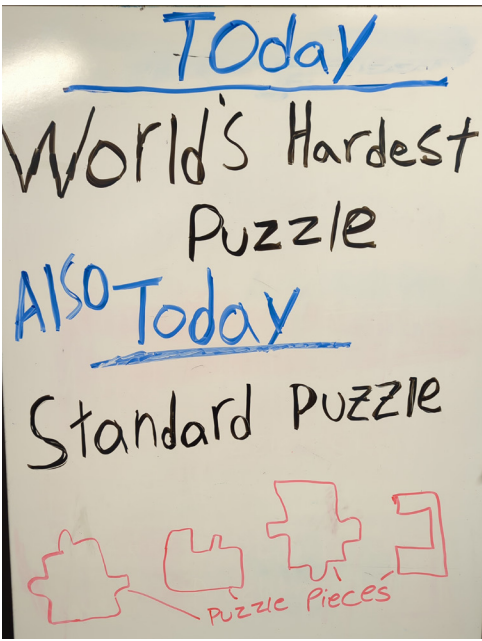
The boy furrows his brow and says, “So girls are into gardens? Is that because they like flowers?”

The father holds back a laugh and nods. “The flowers you grow yourself always smell the sweetest.”

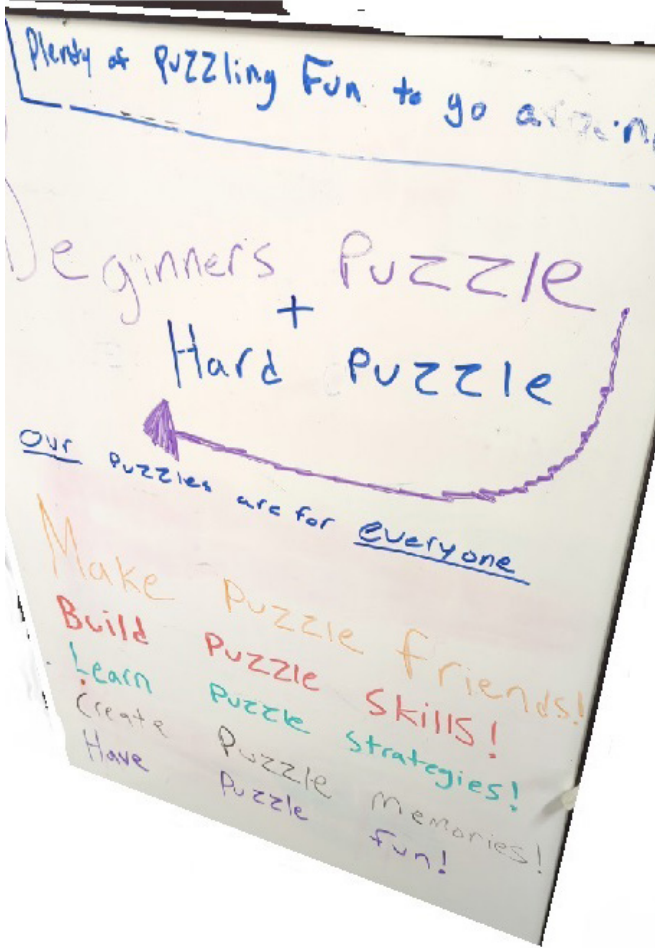
The boy stands and walks to the door, “Okay. Okay. So I’ll need some dirt and pots...and seeds! Okay, thanks, Dad!” He bolts through the door.

The father laughs and shakes his head before opening his book to resume reading.

END



For the past few weeks, visitors to the library have been enjoying some downtown working on jigsaw puzzles. So far they have completed two puzzles and are working on two more -- a moderately challenging 2000 piece option, and another puzzle that is billed as one of the hardest in the world. The puzzle offerings began in Spring 2023 when former student Aaron All-dred suggested it and donated the first puzzle.



See Rockets page 1

to simulate an expansion fan. What should be seen is the longest lengths will begin to visually expand down towards your right at large angles from the initial starting position while the shorter lengths will fan to the right away from you. For compression fans, if you do the same by holding down the bottom left corner and then fan the cards away from you, what we see is the longer lengths will arc away from you to the right while the shorter lengths turn inward towards your left. By swapping the terms of longest length for the direction of the flow and the shortest length for the Mach waves, the directional changes in the Mach waves and flow as it turns can be more easily seen at different positions.

A Deeper Look

The fans can be analyzed given that an initial starting Mach number, expansion angle, and the specific heat ratio of the gas are known. Oftentimes, a Mach number of 1 is used as a starting point in rocket engines at nozzle throats due to the fact that the Mach number

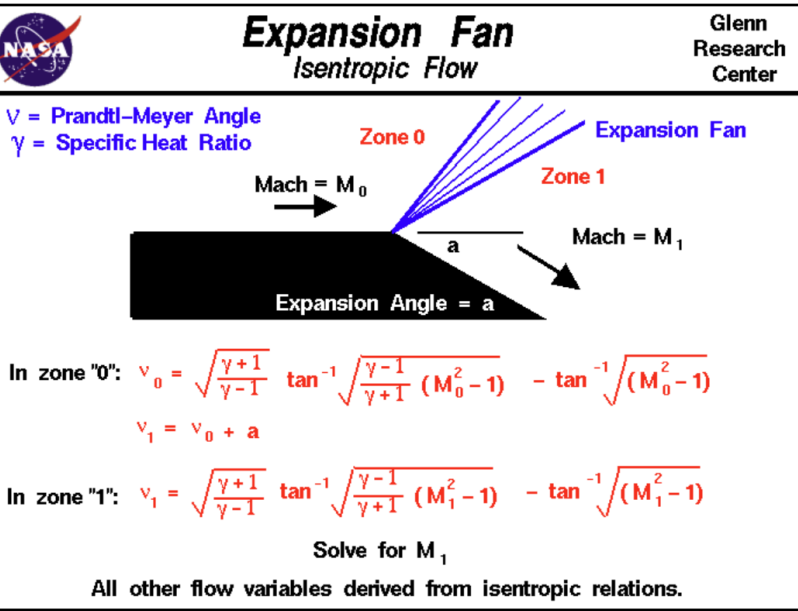


Fig.1: The Prandtl-Meyer Fan equations

of a rocket engine at its nozzle throat is 1. The methodology used for determining the Mach number on the other side of a Prandtl-Meyer fan requires the use of mathematical algorithms to find as the math formula describing Prandtl-Meyer fans is impossible to reorganize in terms of Mach number. The equations describing a Prandtl-Meyer expansion fan are given in **Fig.1** along with a visual.

The equations are a complex mess derived from the conser-

vation of mass, momentum, and energy for an ideal gas flow that takes into account instantaneous changes in the Mach number. While the equation will not be derived, a resource will be given in the references list that goes over the derivation of the Prandtl-Meyer fan function.

Of course, while all of this is very intriguing, what is this really useful for? Well, Prandtl-Meyer expansion fans serve as the framework for the use of

the Method of Characteristics on a rocket engine nozzle. The Method of Characteristics, in this case, happens to work by taking any two known Mach numbers, usually an entrance and an exit Mach number, in a fluid flow and uses the series of line from the Mach waves emanating out from the pivot of a a Prandtl-Meyer fan to fit these lines to an exit Mach number through the use of a computer program. The fitting of these lines will, in turn, end up creating the outline of a boundary that becomes evidently familiar as a rocket engine bell. The arithmetic behind Method of Characteristics is complicated, but another document will be given that goes over how the Method of Characteristics is applied to a rocket engine better.

The Method of Characteristics helps to design engine nozzles that better adapt the characteristics of the rocket’s gas flow to maximize performance. If this was not done, it would result in the formation of shock waves inside the nozzle. These shock waves can both cause unwanted stress on the walls of the engine and also lead to performance losses as some of the energy

of the gas flow that is used for speeding it up ends up getting used in the formation of these shock waves.

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10 TIME FOR A BREAK

Welcome to Ask Sophia, the Mat-Su Monitor’s regular advice column. If you have a question you’d like to see answered, submit it anonymous at <https://matsu.alaska.edu/monitor> or in the Ask Sophia box in the FSM front lobby.



Dear Sophia,
Can students of other schools join me on campus to study? Or is campus for UAA students only?

Dear Friend,
The Campus is open to the public. Everyone is welcome. The tutors, however, are for MSC students only. There are a variety of free online tutors available to everyone: Live Homework Help (tutor.com/alaska), KHAN Academy (khanacademy.org/), Paper Rater (perrater.com/) and several others can be found on our MSC tutoring webpage (matsu.alaska.edu/offices/learning-resource-center/tutoring).

Dear Sophia,
Why am I always tired and hungry?

Dear Friend,
‘Prolly ‘cause you don’t get enough to eat and/or not enough sleep. Many students experience food insecurities. You can text ‘SNAP’ to 907-891-8913 to get info about food assistance or call 211 to get in touch with organization around the Valley to help you out.

Dear Sophia,
I have a problem of falling behind. By the middle of the semester, I have fallen behind in homework completion. What steps do you recommend I take to catch up? I also need a long term solution to correct this bad habit. Do you have any advice?

Dear Friend,
Realizing you need a new plan is a good start. Here are some tips that might do the trick:

- 1.Set reminders on your phone (you know you carry it with you 24/7)
- 2.Get a study buddy. Many students fall into this situation. Having someone to support you can really help.
- 3.Make a solid plan. Seriously. Your time is valuable. Budget accordingly. Set priorities – homework time, family time, personal hygiene time, etc. These things count.

Dear Sophia,
What is the best way to do well on finals?

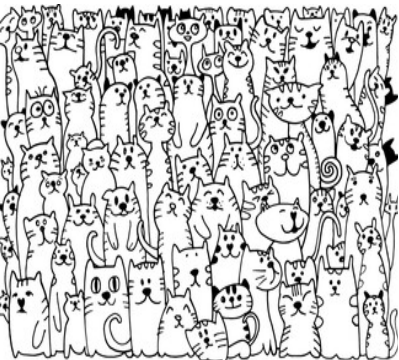
Dear Friend, Learn your biz. Study every day. Get a good night’s sleep before the test. Eat a good breakfast. Stay hydrated.

Here’s an example of how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

P E K L S J Q S O K I K X R P E S J Y . A E N P
R U Z P E S J D R U Z F K M U L K — F Z Q Q E N

HINT:A stands for W



SUDOKU
Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

	7		6	4	5			
4			8	9	3	6	7	
6			7			4		
	3			5		8		
2	6						5	9
		5		6		2		
		7			6			2
	8	4	5	7	2			6
			3	8	9		4	

Small Kindnesses

By Danusha Lameris

I’ve been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by.

Or how strangers still say “bless you” when someone sneezes, a leftover from the Bubonic plague. “Don’t die,” we are saying.

And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up.

Mostly, we don’t want to harm each other.

We want to be handed our cup of coffee hot, and to say thank you to the person handing it.

To smile at them and for them to smile back.

For the waitress to call us honey when she sets down the bowl of clam chowder,

and for the driver in the red pick-up truck to let us pass.

We have so little of each other, now.

So far from tribe and fire.

Only these brief moments of exchange.

What if they are the true dwelling of the holy, these fleeting temples we make together when we say,

“Here, have my seat,” “Go ahead—you first,” “I like your hat.”

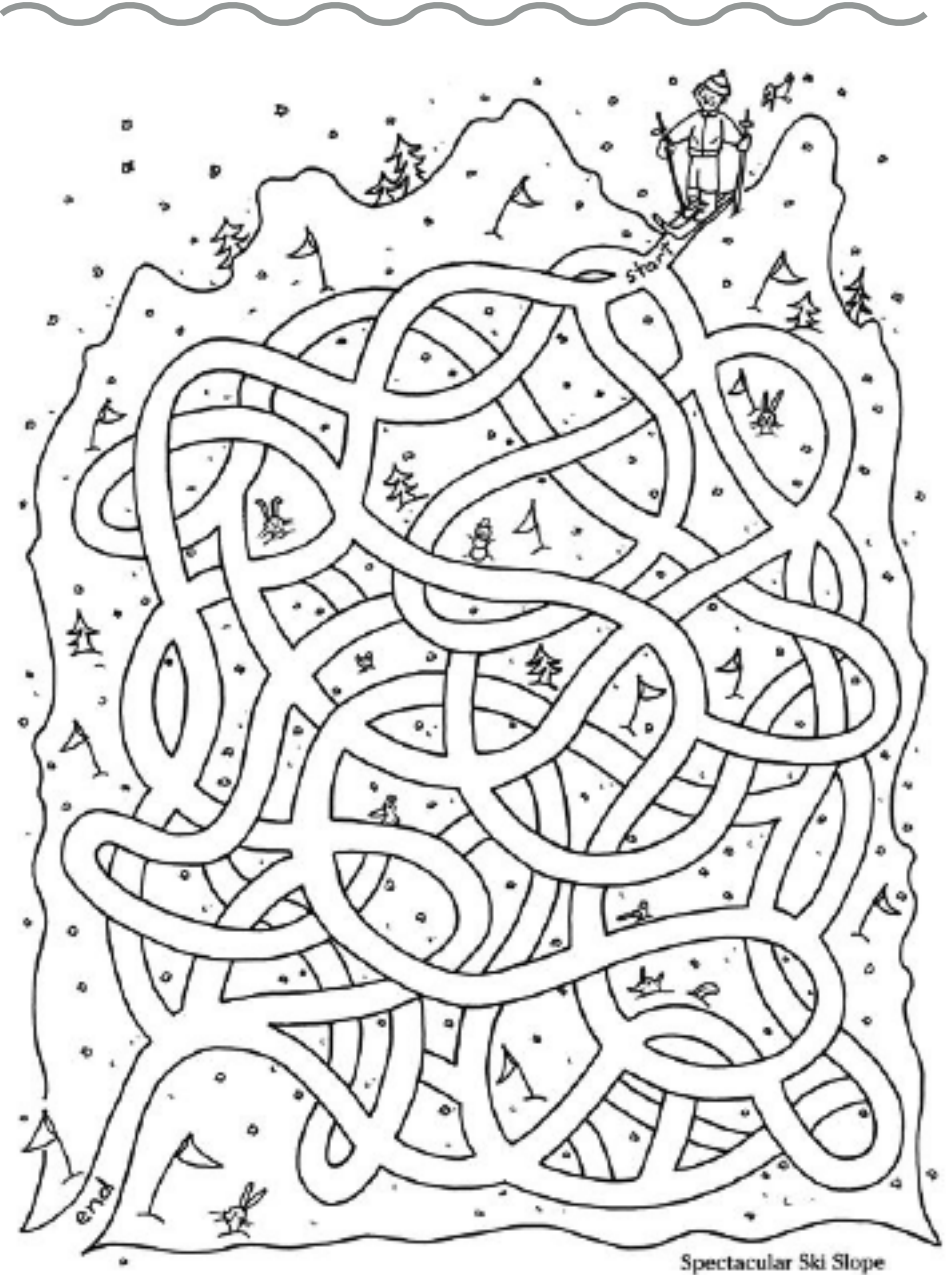
-- The New York Times (9/19/2019), Bonfire Opera

OH HOW THE WIND DOES BLOW!

E	S	E	N	O	L	C	Y	C	F	L	U	R	R	Y
I	N	N	W	D	W	A	F	T	M	P	U	S	H	H
V	G	A	R	H	K	O	P	R	A	U	L	B	U	S
L	E	A	C	D	I	R	T	D	E	V	I	L	B	I
K	F	N	L	I	Z	F	N	I	R	R	K	U	R	W
T	O	E	T	E	R	I	F	T	T	E	H	S	E	S
T	A	O	P	I	W	R	S	L	S	T	T	T	E	I
O	S	H	N	L	L	E	U	N	R	T	A	E	Z	A
A	Y	A	R	I	P	A	D	H	I	U	E	R	E	C
R	N	I	L	M	H	D	T	R	A	L	R	Y	U	H
O	H	R	E	B	U	C	T	E	A	F	B	R	G	N
W	L	T	Y	P	H	O	O	N	B	U	R	I	U	A
K	S	L	L	A	U	Q	S	L	E	E	G	A	S	L
K	S	I	H	W	S	N	O	W	N	L	A	H	T	S
D	R	I	F	T	S	W	M	T	F	F	U	P	T	B

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

ACHNALS	CURRENT	GALE	TEMPEST
AIR	CYCLONES	GUST	TYPHOON
AIRSTREAM	DIRTDEVIL	HURRICANE	VENTILATE
BLAST	DRAFTS	PUFF	WAF
BLOW	DRAUGHT	PUSH	WHIFF
BLUSTERY	DRIFT	SNOW	WHIRLWIND
BREATH	FLURRY	SQUALL	WHISK
BREEZE	FLUTTER	SUBLUARPOK	ZEPHYR
CHINOOK		SWISH	



See *Rainbow* page 6

Hispanic American Indian or Alaska Native, with a suicide rate of 36.3 per 100,000.” Or minorities of sexual orientation. “In 2021, more than a quarter of high school students identifying as lesbian, gay, or bisexual reported attempting suicide in the prior 12 months. This rate was five times higher than the rate reported among heterosexual students.”

These deaths are both tragic and preventable. This world is a tough and scary place that has been relentlessly unkind for a long time, and it’s only getting worse in many ways. The rise in bigotry of minorities, and the growing hatred of queer people in the US, these are frightening times for anyone who is or knows someone who is being targeted in such a way. Racism, homophobia, transphobia, and more have become popular tools for politicians to win elections and look good on TV, but at what cost? What is the damage being done?

According to the Human Rights Campaign “... more anti-LGBTQ+ bills introduced in state houses this year than in each of the previous five

years; with the increase in LGBTQ Erasure bills, bills that strip away dozens of legal protections and rights for LGBTQ+ people” Fors a look at the numbers to give you an idea of the sheer scale, “Over 520 anti-LGBTQ+ bills have been introduced in state legislatures, a record.” This is an onslaught of hate terrorizing a community and frightening a generation of young people.

There are many causes for suicide, but for this article, I wanted to highlight how being made a target of hate and discrimination can greatly increase a most terrible outcome. I’m almost out of time. My dear, radiant readers, wouldn’t this world of ours be better if we were all a little kinder? At the bottom of this article, I’ll include a helpline for all those who struggle or for anyone who knows someone who is struggling. Speaking as a survivor of suicide myself, there is always another reason to live... even if it’s just to read another paper! Alright, folks, this has been Lou O’Hare opening her heart to the world. Safe travels.

To reach the national 24/7 suicide and crisis lifeline, dial 988. You can also chat online at 988lifeline.org.

Veterinary Technician Degree at Mat-Su College

Veterinary technicians are highly skilled and knowledgeable paraprofessionals who perform many important duties in a veterinary hospital or clinic. Veterinary Technology is the study of diagnostic and therapeutic procedures used in the medical care of animals.

Students will apply to the Veterinary Technology program through Mat-Su College and will receive instruction in person. Classes will be held at the Mat-Su College campus and at affiliated locations such as Mat-Su Borough Animal Care and Control, UAF Experiment Farm, and local veterinary clinics. The vet tech program is a 2.5 year, 72 credit hour, full-time program of education leading to an Associate of Applied Science (AAS) degree in Veterinary Technology.

Completing the program will prepare students to take the Veterinary Technology National Exam (VTNE). Once the student has passed the VTNE they are eligible to apply for licensure in the state of their choice.

FAQs:

Will any credits I have taken for the Veterinary Assisting Occupational Endorsement Certificate transfer to the Veterinary Technician program? At this time, no. The Veterinary Assisting courses provide insight into the veterinary profession and can help determine if going on to become a Veterinary Technician is right for you. Successful completion of the Veterinary Assisting OEC is taken into consideration by the admissions committee when considering your application to the Veterinary Technician program.

Is there a student club? It is our intention to launch a Student Chapter of the North American Veterinary Technician Association (SCNAVTA) on campus. We hope all our students will participate and this club will bring together experienced technicians and our graduates for fun activities, networking, and some unique learning opportunities.

Will I have to have any vaccines to be in the program? Yes, you will be required to have received the rabies and tetanus vaccines. The AVMA has strict rules regarding rabies vaccination for the sake of student safety. These diseases are serious and transmissible from animals to humans, so preventing them in our students is a high priority. See the Veterinary Technician Student Handbook for details.

Find Jobs and Internships on HANDSHAKE

3 EASY STEPS TO GET STARTED

[Sign Into Your Profile](#)

Sign into you profile using your UA credentials at alaska.joinhandshake.com

[Update Your Profile Information](#)

Upload your resume and change necessary information such as your graduation date, major, etc.

[Stay on Track](#)

Check back daily for new listings, events, and favorite jobs to never miss a deadline. Download the app and keep up with the latest opportunities.



UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.

Campus Lost & Found in the library

Missing your ...

- Keys?
- Phone?
- Jacket?
- Headphones?
- Flash drive?
- Other item?

Just ask at the library desk
-- your item might have been found!

PRIZE WINNING STICKERS OF THE PAST:



Mat-Su College Sticker Contest

Mat-Su College students, are you feeling creative? Enter the annual sticker contest and show us your ideas for a college sticker. The winning design will be printed and distributed throughout the year. As a thank you for your creativity, Mat-Su College will award you a **3 credit tuition waiver** for the fall 2024 semester (does not cover fees and books)

Design guidelines:

- use "2024"
- use college colors
- use college logo
- water bottle sized

Specifics can be found on our website at: <https://matsu.alaska.edu/offices/outreach-and-communications/logo-usage.cshtml>

Enter:

- email a photo or a digital file of your design to uaa_mscinfo@alaska.edu. If you win and need assistance in digitizing your design, we can help you.
- deadline is 5 pm, March 29, 2024
- winner will be announced April 5, 2024
- email questions to uaa_mscinfo@alaska.edu

Contest rules:

- student must have 2.5 grade point average and be in good academic standing
- student must be officially registered with Mat-Su College
- student must be enrolled in 3 credits
- student must be fully admitted to a UA degree-seeking program or certificate



new FAFSA! 101

It's time to complete your 2024–2025 **Free Application for Federal Student Aid**. The government made big changes to the form and Financial Aid Advisors are ready to guide you in filling it out.

Make your appointment today!



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